> 12 Day to remember

> 18 WIN Valentine's prizes

> 22 Traffic stopper

thenewhammag

issue 267 // 1 – 15 February 2013

Top brass

House of Lords applauds our young musicians (p17)

Newham London

Your property **must** be licensed

If you are a landlord or managing agent who lets residential property in Newham, it must be licensed.

Failure to license is now an offence and may result in fines of up to £20,000 per property.

For more information and advice, or to apply for a licence visit: www.newham.gov.uk/propertylicensing

Alternatively, contact the Property Licensing team on 020 3373 1950

a place where people choose to
live, work & stay

the newham mag

Look out for the next issue from 15 February 2013

contents

1 February 2013 // **issue 267**

Welcome to the Valentine's issue. Dust off your Barry White records because we've got some great competitions and prizes to help your Valentine's be a success (p18).

Working Lives celebrates 60 years of school crossing patrols (p22) and we find out what giving children the gift of music really means (p17).

There's also great news for sports fans – read about news of the Atherton Leisure Centre (p25) and Queen Elizabeth Park (p26).

Cllr Lester Hudson

Deputy Mayor and Executive Member for Finance, Property and Support Services

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

SENIOR PUBLICATIONS OFFICER Anita Maha
PUBLICATIONS OFFICER Glenn Gossling
PUBLICATIONS TRAINEE April Isaacs
STAFF PHOTOGRAPHER Andrew Baker
Call the Mag team on **020 3373 4576**

To advertise in the Mag call
Julie Medell on **07890 529 090**

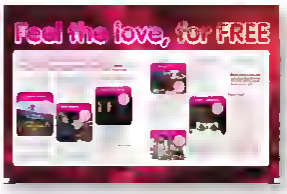
If you do not receive The *Newham Mag* at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email newham.mag@newham.gov.uk

Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered.

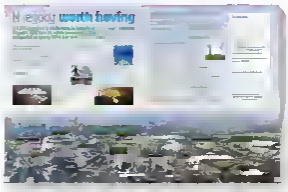
The *Newham Mag* is printed on 100% recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

Regulars

04 NEWS – two pages of news from across the borough
06 MAYOR S VIEW – news from Sir Robin Wales
10 POLICE, COUNCIL, ACTION – see the faces of people the police want to speak to
20 NEWHAM IN PICTURES – your fortnight in photos
22 WORKING LIVES – an interview with Lillian Turner, our longest serving lollipop lady, to celebrate 60 years of the service
29 OUR NEWHAM – community news from across the borough
32 KIDS' CORNER – poems, pictures and puzzles for our younger readers



18



26

06

22

34 WHAT'S ON – five pages of activities and events for you to try – most of them free

Features

08 THEATRE ROYAL STRATFORD EAST – director Cora Bissett tells us about her new production, *Glasgow Girls*
12 HOLOCAUST MEMORIAL DAY – news from the day
15 VIRTUAL WARDS – healthcare in the comfort of your home
17 MUSIC = RESULTS – Every Child a Musician makes a difference to health, wellbeing and educational achievement
18 VALENTINE'S OFFERS – fantastic prizes and offers to make your heart go boom
25 ATHERTON LEISURE CENTRE – the latest information
26 QUEEN ELIZABETH PARK – find out what the Olympics is leaving you

Newham London

For all Newham Council services call 020 8430 2000 or visit www.newham.gov.uk

IN BRIEF //

Bus routes consultation
Transport for London is consulting until 22 February on proposed changes to a number of bus routes in preparation for the opening of the Queen Elizabeth Olympic Park in Stratford

The routes connect the Park and Stratford City with surrounding areas. Subject to the outcome of the consultation, the changes will start being made during 2013 when new roads on the park become available and tenants start moving in

The routes affected by the proposals are numbers 26, 30, 97, 241, 308, 339, 388, D8 and the 205 night service. Consultation documents can be found at **www.tfl.gov.uk/stratfordbusnetwork**

Parking permit changes
From 4 February the cost of some Newham parking permits will change

The first resident's permit and disabled resident permits remain free, while carers' permits remain the same at £10 per annum. A second resident parking permit will now cost £70 and a third will be £150

A quarterly business parking permit will be £150, six months will be £300 and annual will be £500. The last increase in permit charges was in 2010. Every resident parking zone (RPZ) household without a car is allowed 30 free visitor vouchers per annum. For further information visit **www.newham.gov.uk/parking**

Help with clean ups
Residents, community groups, charities, schools or small business have until 11 February to apply for a Capital Spring Clean Grant to help tidy up an open space or waterway in their neighbourhood

Application forms are available online at **www.groundwork.org.uk/london** or for more information contact **rachel.kirk@groundwork.org.uk**

Digging into the past

Cllr Laguda, [illegible] helps bury the capsule

Pupils at Plaistow Primary School have become time detectives in order to leave a legacy of the past for children of the future

The youngsters have been studying old Newham maps and artefacts to find out about the past in their local area. They have also carried out some excavation work outside the school in Junction Road

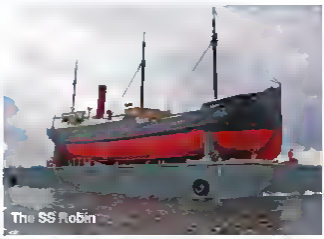
They buried their findings in a time capsule in the grounds of the school, which will be opened in five years. The capsule also celebrates the events of 2012 including the Olympic Games and Paralympic Games and The Queen's Diamond Jubilee

Plaistow North ward councillor Joy Laguda helped them with their research. She said: "It has been great fun and I hope it proves useful to children of the school in years to come."

Home for the SS Robin

Newham councillors have approved plans for the world's last remaining steam coaster to be moored in the Royal Docks.

Since July 2011, the historic ship SS Robin and its specially commissioned floating dry dock have been situated temporarily alongside Millennium Mills. The council's Strategic Development Committee has now agreed it can be become a fixture at the north western end of the Royal Victoria Dock.


The SS Robin

It will be used as a heritage and cultural visitor attraction and include a museum, exhibition space, education skills centre and a cafe. It will be linked to the dock edge via a 25m pontoon walkway

The SS Robin was built in 1890 on the nearby River Lea. It is managed by the registered charity SS Robin Trust and has had a £1.9m refurbishment.

Litter enforcers applauded

Newham Council's enforcement officers have won an award for their work in tackling litter.

Clean Highways, an independent campaign for cleaner streets and highways, highlighted Newham for its use of on-the-spot fixed penalty notices to deter people who drop or dump rubbish.

Councillor Unmesh Desai, executive member for crime and anti-social behaviour, said: "This is well deserved recognition of our enforcement officers who help keep our streets clean."

Clean Highways spokesman Peter Silverman said: "Newham Council is leading the way in the fight against litter. It's good to see a council doing what law abiding citizens have been calling for: punishing litter louts where it hurts – in the pocket with a fixed penalty of £80."

Newham offers a free service to remove large or bulky household waste. Call **020 8430 2000** or visit **www.newham.gov.uk** to book a collection or check what can be collected.

Thank you to Games volunteers

Games volunteers

More than 200 residents who volunteered for the London 2012 attended the first of three thank you events hosted by Mayor Sir Robin Wales.

Members of Newham Council's volunteer programme, 2012 Games Makers and organisers of Newham's Let's Get the Party Started events, were welcomed at the Old Town Hall, Stratford. Even look-a-likes of The Queen and James Bond actor Daniel Craig dropped in too.

Sir Robin said: "Everyone agrees that the highlight of the 2012 Games was the volunteers who gave up their time. They worked so hard and did it with a smile on their faces. We thank them for everything they did to show that Newham was the place to be during the Games."

United in remembering the Holocaust

The candles ceremony

Mayor Sir Robin Wales joined West Ham United (WHU) officials and supporters to promote tolerance and inclusion by marking Holocaust Memorial Day (HMD).

Before the kick-off of home match with Queens Park Rangers, six candles were lit pitch-side, to represent the six million Jewish victims of the Holocaust.

The ceremony was performed by the Mayor and Daniel Harris of WHU; Sir Trevor Brooking; Holocaust survivor Zigi Shipper; Ken Hill of the Royal British Legion, and Marc Bandel, grandson of a Holocaust survivor. See more on Newham Council's HMD commemoration on pages 12 and 13.

Our new Tenancy Strategy

Newham's new Tenancy Strategy comes into force from 1 April. It takes on board feedback from the consultation that the council carried out at the end of last year.

This showed:

- only 28 per cent disagreed with proposals to introduce five year fixed term tenancies
- 66 per cent believed tenants who broke the terms of their tenancy should not receive a lifetime tenancy
- nearly 80 per cent thought the rules proposed by the council for refusing to grant a new tenancy at the end of the five years were right

Existing council tenants will only be affected if they move and start a new tenancy.

For more information visit www.newham.gov.uk/tenancystrategy

Hitting the right note

Every now and then, there are moments that make being Mayor of Newham extra special and a recent visit to the House of Lords was one of them. I joined a group of brilliant youngsters who are part of our Every Child a Musician (ECaM) programme to celebrate their success at being recognised in a major piece of research.

Newham's groundbreaking ECaM programme gives three years free music tuition to all year 5 and year 6 children in 63 schools. All participating children get to keep their free instrument.

> ".. it's now running in 63 schools and by the end of the year 10,000 children will be enrolled."

Ian Maclay, the managing director of the Royal Philharmonic Orchestra (RPO), joined us at the House of Lords and described ECaM as 'pioneering' and 'exciting'. Better still, he pledged the RPO's future support.

Our youngsters deserve the same opportunities as those in London's wealthier boroughs – including music. ECaM began in 2010 and around 7,000 children are already enrolled. By the end of the year it will be extended to year 7 and 10,000 children will be enrolled.

As bold as brass: Newham school children at the House of Lords

We like to measure progress and wanted to know what's been achieved. The Institute of Education has come back with some terrific evidence. More than 90 per cent of children enjoy their lessons, love playing their instruments and are healthier and happier as a result of ECaM. Not just that, 78 per cent of parents say it's boosted their children's concentration. This is a fantastic achievement by our children and shows that our investment is worth every penny. Now, for me the question is: what do we do next? Having got our children to unlock their talents, they deserve the opportunity to put them to use.

I hope our children go on to perform at major concert venues as the musicians of tomorrow.

So we invited some major organisations, including RPO and representatives from the Royal Albert Hall, to support us to achieve this.

> "78 per cent of parents say it's boosted their children's concentration."

Just as important, the children's performance to our guests was fabulous and they had a lot of fun.

Mayor's view

Thank you for an Olympic effort

I've really enjoyed attending the recent events where we said thank you to residents and volunteers for their part in the 2012 Games.

Saying thank you to our volunteers

The impact is still being felt around the world and Newham hasn't been forgotten, which is wonderful.

A dedicated army of volunteers helped create those magical moments last summer which will benefit the borough for years to come.

From helping lost tourists to carrying kit for Usain Bolt, someone from Newham was there.

So it's only right to say a big thank you to everyone who gave up so much of their time, especially those who organised events in their community.

We've already held two of three events where I welcomed some of our inspirational helpers to a night of celebration.

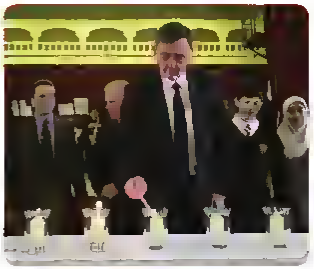
You did us proud as ambassadors for our community and made a difference that will bring a better future for our youngsters. Thank you very much indeed.

Why remembering the past is important for the future

The past isn't something that belongs just in history books, especially an episode as shameful as the Holocaust. We should never fall into the trap of thinking that it could never happen again and that is why I am glad that we gathered together as a community

> "Our service was moving and thought-provoking as well as a source of hope."

at Newham Town Hall, East Ham, to mark Holocaust Memorial Day.



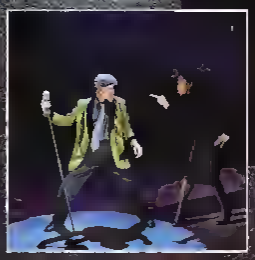
It is estimated that six million Jews were the victims of anti-semitism and died in the Holocaust. Many more were the victims of mass hatred. We must never forget this or subsequent genocides including Cambodia, Rwanda, Bosnia and Darfur.

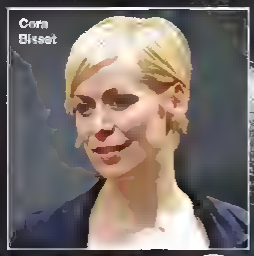
Our service was moving and thought-provoking as well as a source of hope. Representatives from every part of our community were there, young and old.

We are a diverse borough and one that is united through the values of mutual respect and understanding. We can always improve, but I see a strong community in Newham and we must continue to guard against intolerance.

Read more on page 12

with Sir Robin Wales





NORTH MEETS EAST

Glasgow Girls comes to Stratford

An inspirational new musical telling the true story of seven teenage girls who led one of the most powerful human rights campaigns in recent years is coming to Theatre Royal Stratford East.

This is the second drama that Olivier award-winning Scottish dramatist and *Glasgow Girls* director Cora Bissett has chosen to bring to the Theatre Royal, following the highly acclaimed *Roadkill* (2011).

Glasgow Girls takes on the often controversial subject of immigration. Cora said: "The play is an incredible life-affirming story about seven young girls who lived in Glasgow, but who were from all over the world – Kosovo, Iraq, Somalia. They started a campaign which the whole community got behind."

The play has been produced in conjunction with the National Theatre of Scotland but it was the Theatre Royal who showed a commitment to the play even before the script had been completed. Cora said: "After *Roadkill*, Kerry Michael (artistic director of Theatre Royal) asked me what I was going to do next. I started to tell him the outline of the story that I was thinking of writing, got about two lines in and he said: 'Let's do it'. So Theatre Royal were actually the first people involved."

The stage is made for tackling controversial subjects but an upbeat musical format isn't often the medium for delivery. Cora explained: "I decided to make it into a musical because it is a universal story.

"Every city in the world has to deal with the issues of immigration. I wanted to capture the energy of the girls and their different cultural influences – Balkan folk music, Arabic music, reggae, grime and Scottish folk music."

Glasgow Girls is a cutting edge piece of theatre that challenges preconceptions about immigration and shows how powerful a community can be when united.

The show runs from 8 February to 2 March. Tickets start from £5 (concessions). **Call the box office on 020 8534 0310 for more details or visit www.etratfordeast.com**

Win tickets to *Glasgow Girls*

We have two pairs of tickets to give away to *Glasgow Girls*. To be in with a chance of winning tickets and a programme answer this question:

What subject does *Glasgow Girls* tackle?

Competition is open to over 16s only
Email your answer, name, age, address and contact number to **Newham.Mag@newham.gov.uk** or post your answer to Newham Mag, Newham Dockside, 1000 Dockside Road, London E16 2QU. Closing date is Monday 11 February.

Newham London

Landlords, we can work together to house and support families in your property.

We can find you tenants who can move into your rental property immediately and if you choose to work with us, we can offer you a financial incentive and a deposit equivalent to four weeks rent

For more information visit www.newham.gov.uk/privatelandlords or to have a chat about property you have available contact the Housing Supply Team on 020 3373 3173.

a place where people choose to
live, work & stay

APPLY NOW FOR FEBRUARY 2013

SCAN ME

UNDERGRADUATE

- BA / BSC (HONS) COUNSELLING STUDIES (CBT OR INTERACTIVE THERAPY)
- AA (HONS) BUSINESS AND MANAGEMENT
- BA / BSC (HONS) COMBINED STUDIES IN SOCIOLOGY, EDUCATION, ENGLISH, POLITICS
- HNC CHILDREN AND FAMILIES
- BSC (HONS) PSYCHOLOGY (BPS ACCREDITED)
- HSC (HONS) CHILD AND ADOLESCENT PSYCHOLOGY (APS)

AFFORDABLE FEES FROM £4,500

STUDY FULL TIME OR PART TIME

FRIENDLY CAMPUS WITH SMALL STUDY GROUPS AND LOTS OF SUPPORT

NUC
newham university centre

www.nucs.co.uk
Call us 020 8257 4583
Email us nuc@newham.ac.uk

@NUC_Newham

Approved Institution of The Open University

Newham College London

POLICE, COUNCIL, ACTION

Commit a crime in Newham and be prepared to face the consequences. Criminals that think they can avoid the long arm of law should think again. With your help, it's only a matter of time before they're caught. Do the right thing and let us know who these people are.

Call the police number **101**, or Crimestoppers anonymously on **0800 555 111** if you can help.
Quote the reference number to the right of relevant picture.

Ref: 109719
Assault

Ref: 113314
Burglary

Ref: 113333
Robbery

Ref: 112121 (1) and 112122 (r)
Theft

Ref: 113294
Theft

Ref: 113160
Burglary

Ref: 112999
Theft

Ref: 113199
Burglary

Ref: 113319 (l) and 113320 (r)
Criminal damage

Ref: 112329
Shoplifting

Warning call

Around 10,000 mobile phones are stolen every month. These tips can help you keep your mobile:

- register your mobile at www.immobilise.com
- property mark your phone with your postcode and door number
- keep your phone out of sight
- don't walk and text at the same time
- don't leave your phone on show in an unattended car

For more crime prevention advice visit www.met.police.uk

Woman found unconscious in Exning Road

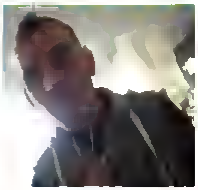
A 63-year-old woman suffered a head injury and a broken shoulder when she was robbed and left unconscious on Exning Road, E16, at around 9.20am on Thursday 20 December 2012.

The last thing she remembers was seeing a black man on a bike riding towards her. As he passed she suddenly felt her right arm being wrenched very hard. Her handbag and iPhone were stolen.

Police are appealing for anyone with any information relating to this incident to contact DC Paul Newton at Newham Robbery Squad on 020 8217 5086 or anonymously to Crimestoppers on 0800 555 111.

In Newham we care a lot. We care if someone fly tips. We care if businesses trade illegally. We care if someone drops litter in the street. We care because you do too.

No one likes to put up with other people's mess and rubbish and you shouldn't have to. Our enforcement officers are working tirelessly to keep our streets the way you want them. You can help by letting us know who the people are in these pictures. Just give us a call and we'll do the rest



Ref: F6922

Ref: F6247

Ref: F6926

Ref: F6087

Ref: F6455

Ref: F6045

Ensuring your anonymity

Newham Council is committed to taking crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement.**

Making our streets safer

Newham Council is continually working with its partners, which include the police, to deter crime and anti-social behaviour on our streets.

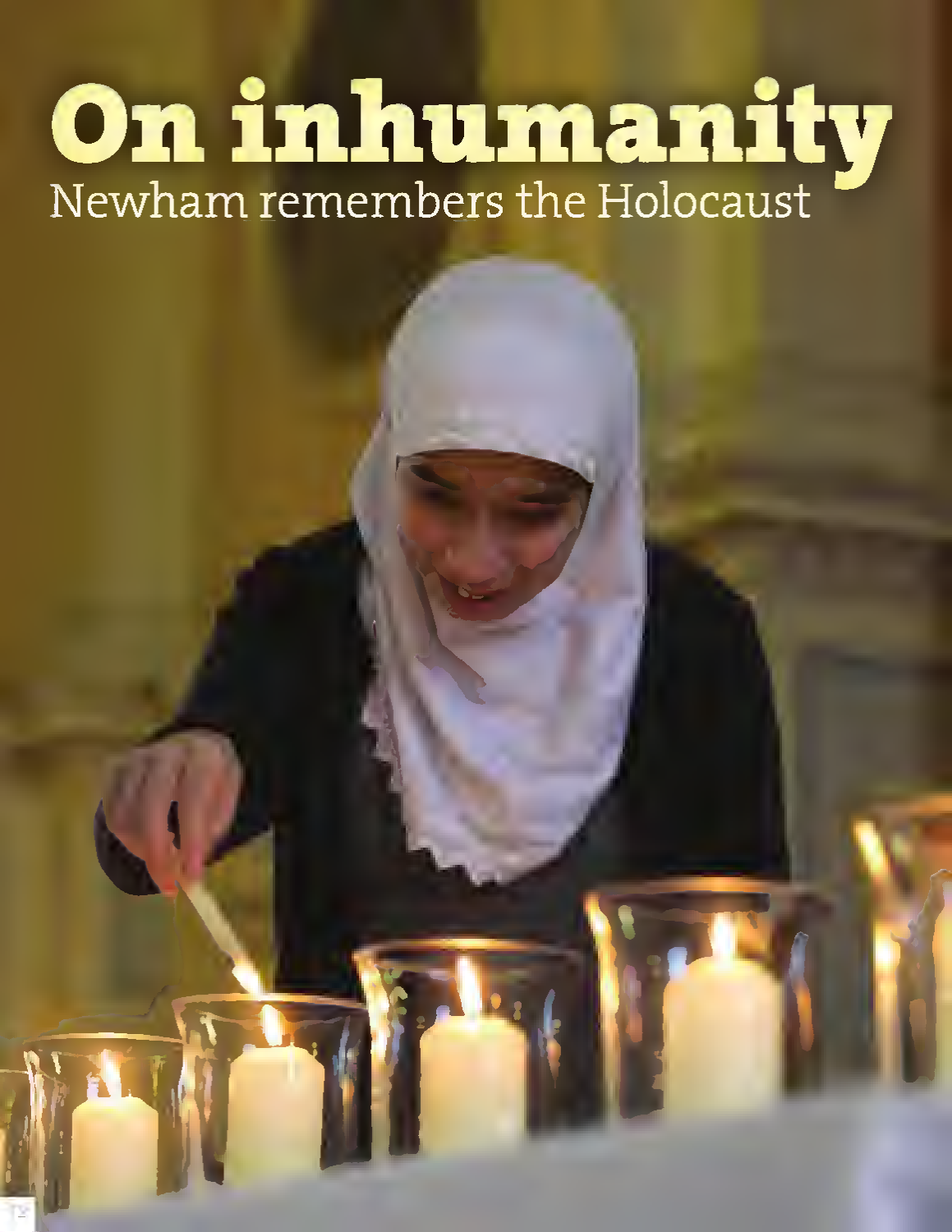
In January the council's enforcement and safety division successfully prosecuted 21 cases in court, for environmental crimes. In most cases offenders were fined £150 plus £150 costs.

Please call 020 3373 4479 and quote the reference number by the picture.

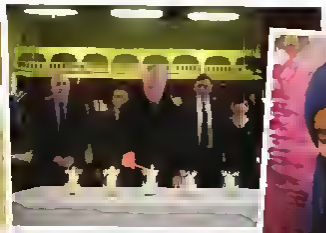
CAUGHT ON CAMERA

On inhumanity

Newham remembers the Holocaust



(Above) Children from Every Child a Musician programme perform music from Schindler s List. (Right) Sir Robin speaks at Holocaust Memorial Day



(Above) Kim Bromley Derry, Michael Berkowitz, David Gold and Sir Robin light a candle (Right) attendees

More than 200 people attended an event at Newham Town Hall, East Ham, to remember those who lost their lives during the Holocaust

It is estimated that six million Jewish people were murdered by the Nazis during the Second World War.

The atrocities didn't end there. countless more innocent people were also among the victims of what became known as the Holocaust

"If we stand together we can make sure those who lost their lives to intolerance are never forgotten. We can make sure that anti-Semitism from the past and the present is never accepted or excused."

Mayor Sir Robin Wales was joined by David Gold, chairman of West Ham United, schoolchildren from across the borough, Professor Michael Berkowitz, professor of modern Jewish history at University College London and Newham Council chief executive Kim Bromley-Derry in a candle lighting ceremony

Children from Newham's Every Child a Musician programme performed music from Schindler's List and there was a reading from John Donne's *XVII Meditation* by Rudhra Patel and Kamran Hussain from Canning Town's Rokeby School. Sumayah Zaman of Plaistow's Grange Primary School read her story *Swift Death* before a minute's silence.

From *Swift Death*

All of a sudden there was a bang. The classroom door burst open. In the doorway there stood three men wearing soldier uniforms. I was perplexed. Why were they here? "We've been told that there are Jewish children here. Where are they?" announced the most muscular looking soldier, his eyes squeezing into little slits in his face. All eyes swivelled towards me. I cowered away. I was terror stricken. Where were they going to take me? My heart thumping so hard that my chest was hurting. I was trembling with fear. Two of the soldiers marched towards me. They seized me on either side, so hard that I was sure my arm would break. Suddenly, my eyesight seemed to have become blurred. I felt dizzy and my head started to hurt. Then there was just pitch black.

A full version of Sumayah Zaman's story, further pictures and a transcript of Sir Robin's speech can be found at www.newham.gov.uk/hmd

Speaking at the event, Sir Robin said:

"I sometimes hear people asking - why is it important to remember the Holocaust?

"For me it is not just a lesson from history that we see in black and white pictures in books or on television. It is a warning for us all – whatever our backgrounds or personal beliefs – of what could happen if we do not continue to challenge intolerance and bigotry.

"It is really important that we are all prepared to speak out – individually as well as together – to challenge those who would harm other people because they are different or hold different views.

"I'm sad to say that there is evidence – even in London today – of people denying that the Holocaust happened or trying to tell us that such horrific intolerance and inhumanity like that is all in the past.

"If we stand together we can make sure those who lost their lives to intolerance are never forgotten. We can make sure that anti-Semitism from the past and the present is never accepted or excused. And we can make sure that intolerance and bigotry – whether it's in our schools, our local community, across London or elsewhere in the world – is challenged and defeated. We can all play our part.

"I believe that all decent people in Newham share some common values – in particular mutual tolerance and respect. And that here in Newham we value all residents equally, whatever their background.

"We believe that it is important that people from different backgrounds get to know each other, share experiences and develop friendships and respect for each other. That's why everything we do is focused on Newham as one community.

"We want people to be able to play their part in their community and build strong links with their neighbours and other residents through local events and activities which are open to everyone. We also value the importance of helping everyone to share a common language by supporting people to learn English.

"I want people in Newham to be proud of their heritage, their culture and their beliefs and backgrounds. But I also want us to meet each other, to get along and to be able to live and work together."

Newham London

EVERY CHILD A MUSICIAN

Do you live in Newham and want to teach a musical instrument?

The Mayor of Newham offers a ground-breaking programme called Every Child a Musician, which provides free music tuition in schools to children aged 9 to 12 years old. As part of the programme, Newham Council is helping talented local musicians to become music tutors through our Local Tutor Training Programme.

> **Can you play an orchestral instrument, the guitar or keyboard to a high standard (equivalent to ABRSM grade 6 or above)?**
> **Do you want to develop your teaching skills and experience so that you can become a music tutor?**

If the answer is yes, then continue reading to find out more about the **FREE** part-time Local Tutor Training Programme which could provide you with a pathway to rewarding employment opportunities such as shadowing tutors in Newham primary schools or participating in a workshop with the world famous Royal Philharmonic Orchestra.

For more information about the course that will run from April 2013 - July 2013 call **020 3373 1331**, email **ecam.tutor@newham.gov.uk** visit **www.newham.gov.uk/ecamtutortraining**

THE LANGUAGE SHOP

Delivering high quality language services

Professional interpreters required

Are you a professional interpreter with experience working within the public sector?

Are you passionate about providing excellent customer care?

Yes to both questions? Then why not join our professional freelance pool and register with The Language Shop, based at Newham Council. The Language Shop provides interpreting services to hospitals, local authorities and other public sector organisations across East London and Essex.

We are seeking applications in the following languages/dialects

Turkish	Romanian	Polish	Lithuanian	Portuguese
Cantonese	Mandarin	Thai	Yoruba	Bengali/Sylheti
Lingala	Punjabi	Urdu	Kurdish Soroni	Kurdish Kumanji
Dutch	French	Greek	Spanish	Danish
Tamil	Farsi	Twi	Hungarian	Bosnian
Serbian	Croatian	Russian	Burmese	Hebrew
Italian	Slovak	Czech	German	Tagalog
Hindi	Korean	Swahili	Dari	Vietnamese
Mauritian Creole	French Creole	Amharic	Tigrinya	Sinhalese

Applicants must have: valid qualifications, a minimum three years' experience of providing interpreting services to the public sector and a valid Enhanced Criminal Record Bureau check

Please apply online at www.newham.gov.uk/interpreterapplications

bookingsnls@newham.gov.uk
www.languageshop.org

INVESTORS IN PEOPLE

East London NHS Foundation Trust

NHS Newham Clinical Commissioning Group

Newham London

East London NHS Foundation Trust, Newham Council and GPs change lives

Virtual Wards are a brand new way to provide patients, who might otherwise be admitted into hospital, with intensive care and support in their own home and enable people to leave hospital as soon as possible.

Virtual Ward

Pauline Banks who lives in East Ham was referred to the Virtual Ward team by her GP when she developed a severe chest infection. Pauline, 66, lives with her son and has had breathing problems since the 1990s. She is housebound and takes medication for emphysema, bronchitis and chronic obstructive pulmonary disease. Like many people with this condition, Pauline has recurrent chest infections, which can result in admission to hospital.

Working together

Pauline speaks highly of the Virtual Ward team that supported her through her illness saying: "The nurse took blood tests, sputum samples and, when I didn't improve, spoke to my doctor about alternative medication. The physiotherapist worked with me on exercises to help clear my lungs and brought a nebuliser to help my breathing. They were all constantly thinking about ways to improve my condition. They've been brilliant!"

Intensive support at home

East London NHS Foundation Trust has established four Virtual Ward teams in Newham who work closely with local GPs to support acutely ill patients and their families.

Like a regular ward, the team holds daily meetings with all the professionals involved to monitor progress and identify new interventions to assist recovery. The only difference is that the patient is not on a hospital ward.

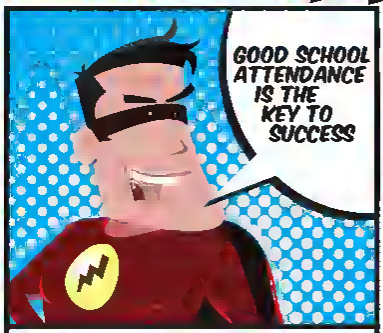
Making a difference

Adekunle Oladimeji, Community Matron on the Virtual Ward, said: "Mrs Banks says she is sleeping better than she has for years. It is very satisfying for the team to bring all our skills together to really make a difference."

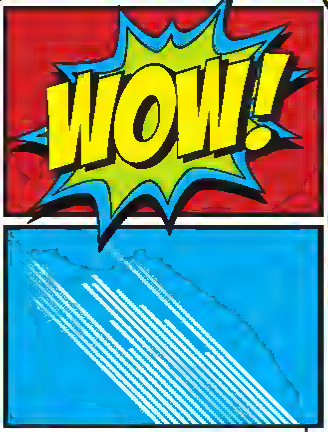
Councillor Clive Furness, Newham's executive member for health and adults commissioning, said: "This is a good example of organisations working together to offer a better service. A virtual ward prevents an unnecessary stay in hospital, saves money and gives people the care they want where they want it."

Newham London

SCHOOL ATTENDANCE MATTERS MASCOT COMPETITION



NEWHAM COUNCIL NEEDS YOU TO DESIGN A LIFE-SIZE MASCOT CALLED SAM TO PROMOTE THE IMPORTANCE OF ATTENDING SCHOOL.



SAM'S JOB WILL BE TO VISIT SCHOOLS IN THE BOROUGH TO REPRESENT THE COUNCIL AT CELEBRATIONS OF GOOD ATTENDANCE AND PUNCTUALITY.

1ST PRIZE - AN IPAD

5 RUNNER UPS - €30 GIFT VOUCHERS

ENTRANT MUST BE A NEWHAM RESIDENT WHO DOESN'T NECESSARILY GO TO SCHOOL IN NEWHAM. ENTRANTS MUST BE OF PRIMARY SCHOOL AGE. DESIGNS TO BE NO LARGER THAN A4 WITH YOUR NAME, ADDRESS AND SCHOOL WRITTEN ON THE BACK. ALL ENTRIES TO BE HANDED IN TO YOUR SCHOOL OR SENT TO THE NEWHAM MAG BY 1 MARCH. WINNERS WILL BE NOTIFIED BY 29 MARCH.

FIND OUT MORE AT WWW.NEWHAM.GOV.UK/SAM

Music to our ears

An in-depth study into Newham's pioneering Every Child a Musician (ECaM) programme has shown that musical tuition not only teaches children to play an instrument but improves their sense of wellbeing.

Every primary school student in newham hes the opportunity to learn e musical instrument and it doesn't cost their parents or carers e single penny

In year 5, primary school children are gifted with a free instrument by Mayor Sir Robin Wales. He said: "Building skills and confidence of Newham's young people is hugely important and this is why ECaM is essential and gives children the opportunities to reise their self-esteem and attainment.

"With councils forced to make unprecedented budget cuts, investment in music education may not be on the top of everyone's agende, but in Newham we are investing in our children."

ECaM is now being extended to all year 7 children, so every child in Newham will be eligible for three years free music tuition. By the end of the year 10,000 children will be enrolled.

The Institute of Education (IOE) recently carried out an evaluation of the first full year of ECaM. The results of this evaluation were revealed at an event in the House of Lords in Westminster. ECaM students from Ravenscroft, Shaftesbury and Monega primary schools and year 7 students from Royal Docks Community School were there to showcase their talents.

The IOE's results showed that ECaM provides high quality tuition. The majority of lessons were rated as 'good' or 'outstanding' with children making significant progress in their musical development. The evaluation also showed high levels of satisfaction and support among head teachers, parents and pupils. Encouragingly, there is also evidence of a possible link between musical development and reading and writing skills.

You can read the full report by visiting www.nawham.gov.uk/averychildamusician

High notes on ECaM

- Since 2010, more than 7,000 children heve taken part in ECaM
- ECaM is now being rolled out to year 7 end by the end of the year 10,000 children will be enrolled
- There are eight different instruments in the programme which are trumpet, trombone, violin, viola, keyboard, clarinet, guitar and flute
- ECaM pupils heva performed for film director Denny Boyle end jazz musician Courtney Pine and with the Royal Philharmonic Orchestre and the Grimethorpe Colliery Band

Feel the lov

Volentine's Doy on 14 Februory is doys owoy ond whether your idea of romonce is reoding the poetry of Keots to your swooning portner, enjoying o condle-lit meol for two or sending on ononymous cord to the opple of your eye we hove some great giveaways for you and your lovely Volentine.

To help you fan the fires of passion, we have a selection of competitions and offers from generous retailers in Stratford. With our help you can make love's arrow find its target this year.

Silver screen passions

Have a romantic evening at the movies with Audrey Hepburn in the classic *Breakfast at Tiffany's*, showing at Stratford Picturehouse, Theatre Square, E15, on Thursday 14 February at 8.30pm.

Newham residents can get two tickets for the price of one if you quote the Newham Mag when booking your tickets in person or call 0871 902 5740.

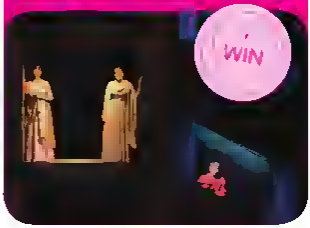
There's also a terrific Valentine's Day deal in the bar. £5 off a bottle of sparkling Prosecco or Chapel Down when you buy a ticket to any film on Thursday 14 February. Conditions apply, ask cinema staff for more details.

A cosy night in

Curl up on the sofa with the love of your life and a romantic DVD – think Sleepless in Seattle, Dirty Dancing, PS I Love You, Brokeback Mountain.

Whatever the flick, the DVD stall at the Stratford Outdoor Market, Broadway, E15, is offering 10 per cent off romantic videos from 10-14 February.

A night at the theatre



Theatre Royal Stratford East is giving away a pair of tickets for Glasgow Girls on 14 February, with a complimentary programme and two Valentine's cocktails.

To be in with a chance of winning, tell us what language does the word love come from?

a. Italian b. French c. Sanskrit

Send your answer, name, address, age and contact number to **newham.mag@newham.gov.uk** or post your entry to the address below before Friday 8 February.

ve, for FREE

The flower of love

Say "I love you" with a beautiful rose bouquet from the flower stall in Stratford Shopping Centre. **To be in with a chance of winning, tell us which colour rose signifies true love?**

a. white b. red c. yellow

Send your answer, name, address and contact number to **newham.mag@newham.gov.uk** or post your entry to the address below before Friday 8 February

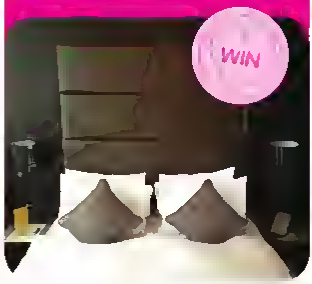
The food of love

Win a romantic meal for two to the value of £80 at Dane's Yard, High Street, E15. **To be in with a chance of winning tell us which English writer first connected romance and Valentine's?**

a. E. L. James
b. Geoffrey Chaucer
c. Roald Dahl

Send your answer, name, address and contact number to **newham.mag@newham.gov.uk** or post your entry to the address below before Friday 8 February

A night to remember



Romance your beloved with this stunning prize

Win a night in a romantically set up room at the Westbridge Hotel including a special Valentine's menu dinner and breakfast. To be in with a chance of winning tell us what date is Valentine's Day?

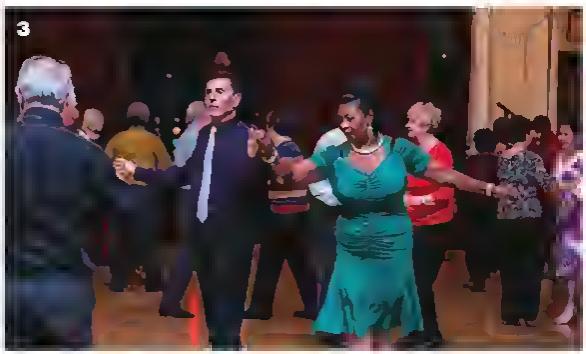
Send your answer, name, address and contact number to **newham.mag@newham.gov.uk** or post your entry to the address below before Friday 8 February

Postal entries can be sent to Newham Mag, Newham Dockside, 1000 Dockside Road, London, E16 2QU.

Did you know?

- Valentine's Day was first associated with romance and the tradition of courtly love by Geoffrey Chaucer and his circle of friends in the middle ages.
- The word "love" comes from the Sanskrit "lubhyati", meaning desire.
- "Roses are red and violets are blue" comes from the collection of English nursery rhymes *Gammer Gurton's Garland* (1784).
- Red roses indicate passion and true love. Light pink roses suggest desire, passion, and energy. Yellow roses can mean friendship or jealousy. White roses signify virtue or devotion.
- Women's hearts beat faster than men's.

Newham in pictures



1 Blowing up the House of Lords – Every Child a Musician youngsters perform in Parliament **2** Newham thanks those who helped make the 2012 Games such a success **3** Stepping in time at the monthly tea dance at Old Town Hall Stratford **4** Cool runnings in Stratford Park **5** Toy Story East Ham hosts its weekly toy library

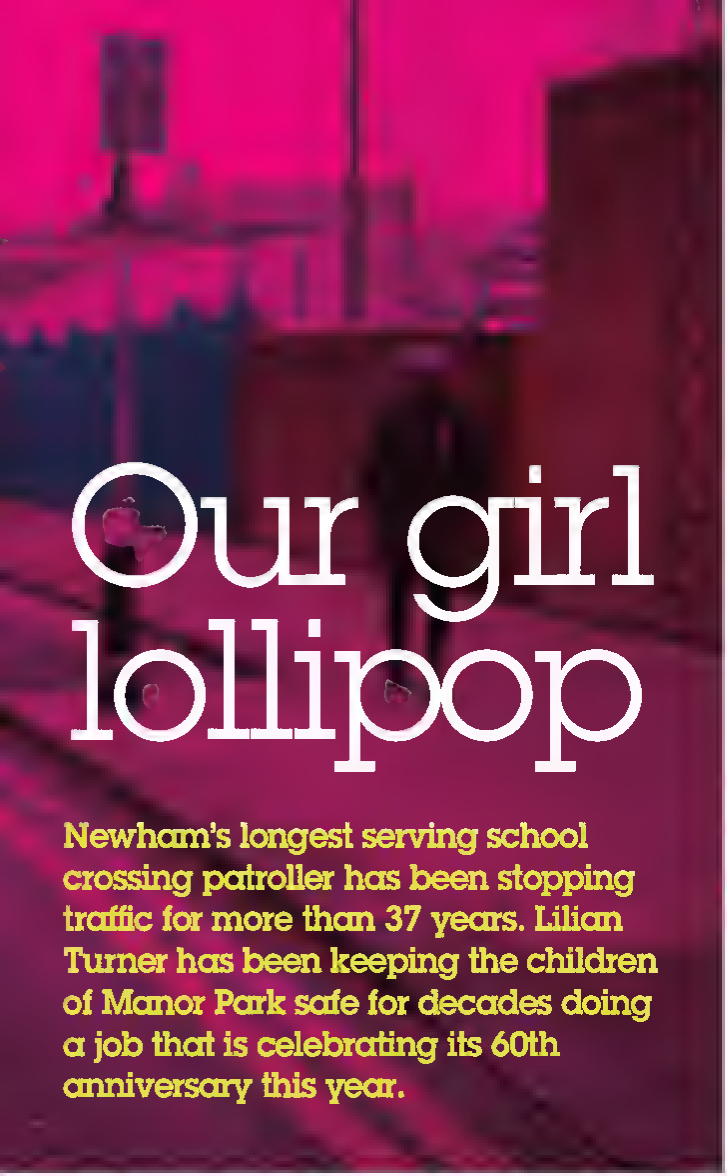
Award-winning Lilian Turner is one of 57 school crossing patrols in Newham. Come rain, shine or snow she can be found safeguarding the corner of Dersingham Avenue, E12. She has taken on an almost celebrity like status within her local area with drivers and pedestrians greeting her as they pass by.

Lilian's choice of career was no accident. The mum of three wanted a part time job that allowed her to look after her boys, so school crossing patrol was right up her street.

During her time as a crossing patrol officer Lilian has seen many changes. Initially part of the Metropolitan Police Service, responsibility for school crossing patrols were transferred to councils in 2000. Throughout her years of service one thing has remained consistent – the safety and wellbeing of the children she helps get to and from school.

How did you get the job?

When I moved to Newham 38 years ago I was looking for part time work. One day I was taking the boys to school and they said:



Our girl lollipop

Newham's longest serving school crossing patroller has been stopping traffic for more than 37 years. Lilian Turner has been keeping the children of Manor Park safe for decades doing a job that is celebrating its 60th anniversary this year.

'Mum, why don't you be a lollipop lady?' Before that it had never entered my head.

What did you expect from the job?
The first week I was supposed to have a policeman with me. He turned up one morning and never came back. I was absolutely terrified! I thought, there's only one thing for it, I'm going to have to teach myself. Nowadays you have a fortnight's training.

How much has your job changed?
It was nerve-wrecking until I got used to it. When I started every road around here was open so cars could run freely. There's a lot more traffic on the roads now. Because I've been doing this for so long it's almost automatic now. I know exactly when to stop a car.

Have you ever had any problems with drivers?
No. If you're courteous to them they'll be polite back. In 37 years, I've never had an accident on this crossing and I don't want one now. I have had a few words with some drivers, but the majority are absolutely fine. I've never had to take anyone's details down.

A few years ago one of the drivers that used to pass by stopped and asked me if I liked fish. I thought 'what a funny question, but I said yes. He was a fisherman and asked if I'd like him to bring me some of his catch. Every so often I'd get a big bag of trout, all cleaned up.

Have you had any famous drivers?
Footballer Frank Lampard, senior, used to drive by and I'd wave to him. One day I went into the shop and he was there. He said: 'Oh look, it's our lollipop lady!' I saw actor Billy Murray, who used to be in The Bill, but he didn't see me. You should've seen the posh car he was driving.

Some drivers say, 'I saw you this morning and you didn't smile at me. Is everything ok?' You have to concentrate so sometimes you miss saying hello.

You've been on the same spot for years. Do people come back and see you?
About six months ago I had a young man stop me. He said: 'Hello, you still here? You don't remember me, do you?' I said no. He said: 'I'm 30 now and I work for the police. You looked after me and my brother when we were younger'. He came back the next day with a massive box of chocolates. Nowadays the children I helped years ago are coming here with their kids. Shows you how old I'm getting!

If you want advice on how to travel safely, whether driving, walking or riding a bike, then visit the council's road safety pages at **www.newham.gov.uk**

Get Active, Stay Fit, Feel Great!

Join your local leisure centre in 2013

Memberships available with no Joining Fee*

Join this month and receive a **FREE** Wellness Check Up*

Call **0844 414 2728** or visit **www.activeNewham.org.uk**

BALAAM LEISURE CENTRE
14 Balaam Street
Plaistow E13

EAST HAM LEISURE CENTRE
324 Barking Road
East Ham E6

NEWHAM LEISURE CENTRE
281 Prince Regent Lane
Plaistow E13

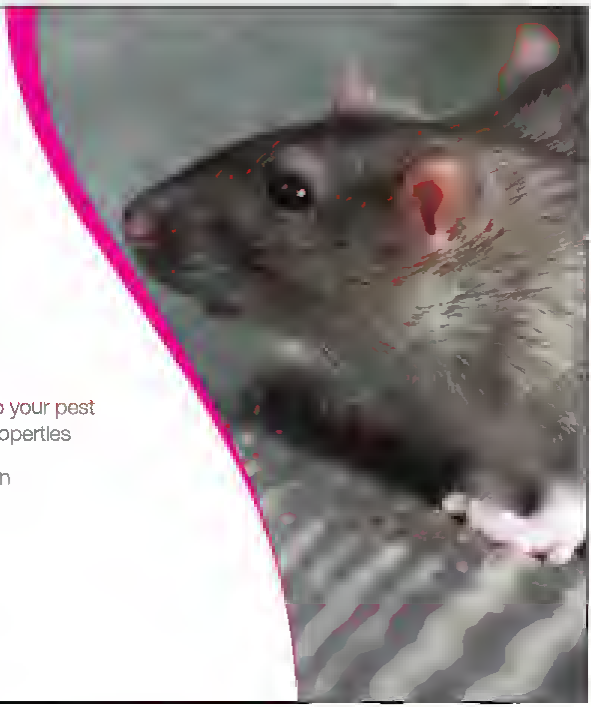
*Terms and conditions apply

In partnership with Newham London

active newham

Newham London

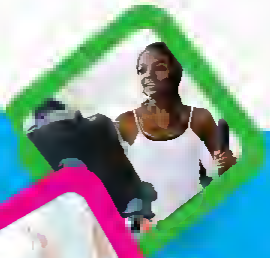
Pest Control Services

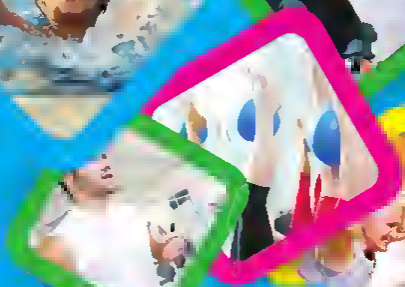


We offer competitively priced, long term solutions to your pest control needs in both residential and commercial properties

Call us now to discuss your requirements and obtain a **FREE** survey and quotation

Contact us
Call: 020 8430 4133
Email: pest.control@newham.gov.uk
Visit: www.newham.gov.uk/pestcontrol





A centre fit for purpose

The Atherton Leisure Centre closed its doors on New Year's Eve to make way for a new centre that will benefit the whole community. You can find out how plans for the new building are coming along by dropping into one of our consultation events.

Newham Council is investing in the development of a new Atherton Leisure Centre on Romford Road. It will include swimming facilities, a state of the art gym and more space for fitness classes.

The building may be closed but work behind the scenes has been swift. Local construction firm Mulalley has been appointed as the preferred developer and they want to share their plans with you at two events at Durning Hall Community Centre in Forest Gate.

At the events, you can meet the project team and ask questions about the exciting new development, which is scheduled to open again in 2015.

Mayor Sir Robin Wales said: "When we first consulted on the leisure centre, the message was clear that Atherton users and residents wanted improved facilities with better accessibility.

"Residents can now find out about the exciting plans for a fit for purpose community resource for all."

Come along and find out more about plans for the new Atherton Leisure Centre at special drop-in events at Durning Hall Community Centre, Earlham Grove, E7, on

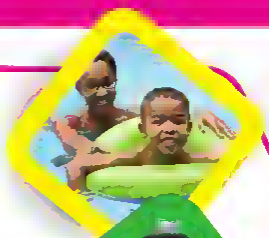
Monday 11 February, 4-8pm,
the main hall

Saturday 16 February, 10-2pm
in the chapel

You can

- meet the team responsible for delivering the new centre
- discover the range of new services that will be provided
- find out key project dates.

Newham's three other leisure centres in East Ham and Plaistow remain open as usual. **Find out more by visiting www.activenewham.org.uk**



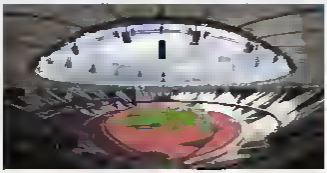
A legacy **worth having**

A £292m project is under way to transform Queen Elizabeth Olympic Park into an urban community. The works will be completed in spring 2014, but some parts are opening this year.

The 18 months project by the London Legacy Development Corporation involves clearing temporary venues such as the Basketball Arena, BMX stands, temporary barriers, temporary walkways, and cabling. The park will be connected to the surrounding area with new roads, paths, cycleways and bridges so the public can access the venues and homes

The Stadium

This will remain as a permanent reminder of Britain's triumphant Games. It will host everything from community sports to the 2017 World Athletic Championships as well as a special series of concerts and events this summer

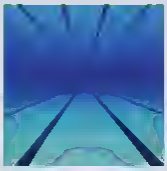


Lee Valley VeloPark

The stunning Velodrome, where Britain won so many medals will be the centrepiece of a VeloPark that includes a 1.6km outdoor cycle circuit, mountain bike trails and a BMX track. It will be the best cycling centre in the world

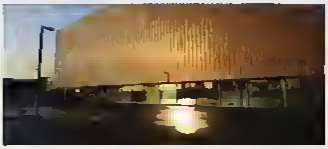
Aquatics Centre

With the seating wings removed, glass windows will allow natural light into Zaha Hadid's stunning architectural design, which was inspired by the fluid geometry of water in motion. There will be two 50m pools, a diving pool, café and a crache



The Copper Box

This is being transformed into a public leisure centre and 7,500 seat venue for events. It



will be London's third largest indoor arena, hosting a variety of sports from judo and fencing to basketball, volleyball and badminton. There will be a café, gym and exercise studios.

Lee Valley Hockey and Tennis Centre

An entirely new facility for hockey and tennis. There will be two world class hockey pitches and a 3,000 seat stadium, four indoor and six outdoor tennis courts plus space for five-a-side football.

East Marsh

Twelve football pitches will be reinstated on Hackney Marshes.

The North Park

A fantastic new park with 3,300 new trees, new shrubs and bulbs. There will be a cafe, children's playground, community spaces, ecological play features and a large urban meadow.

The South Plaza

Designed by James Corner Field Operations – the same firm that designed New York's High Line – this will be a spectacular urban park with space for concerts and events. There will also be 'outdoor rooms', a fountain, a play area and climbing walls.

South Park Cafe/Centre

This will house some of the park's facilities – cafe, gift shop, information point and toilets.

ArcelorMittal Orbit

This will open as a visitor attraction with two enclosed viewing platforms offering unique views across London.

The East Village

The Olympic Village that housed 23,000 participants and officials will be transformed to create 2,818 new homes with landscaped gardens.

Chobham Manor

Eight hundred and fifty new homes will rise from the ground that housed the Basketball Arena. 70 per cent of these will be family homes with three or more bedrooms.

Free bus tours

We've teamed up with the Legacy Corporation to give you a sneak peek of the transformation of the Olympic Park. On Sunday 3 March we're giving 66 residents the chance to jump aboard a free bus tour of the Park and get an exclusive goody bag filled with Olympic memorabilia. Tours take place at 11.30am and 3pm.

All you need to do to be in with the chance of winning a pair of tickets is answer this question:

In which borough can you find the Olympic Stadium?

Email your answer, name, address and contact number to **newham.mag@newham.gov.uk** or post your entry to the Newham Mag, Newham Dockside, 1000 Dockside Road, London, E16 2QU, before Friday 15 February. You must be able to attend either tour on Sunday 3 March.

The Legacy Corporation offers free regular bus tours of the Olympic Park. To find out more visit **www.noordinarypark.co.uk**, email **parktours@springboard-marketing.co.uk** or call **0800 023 2030.**

Tea Dance

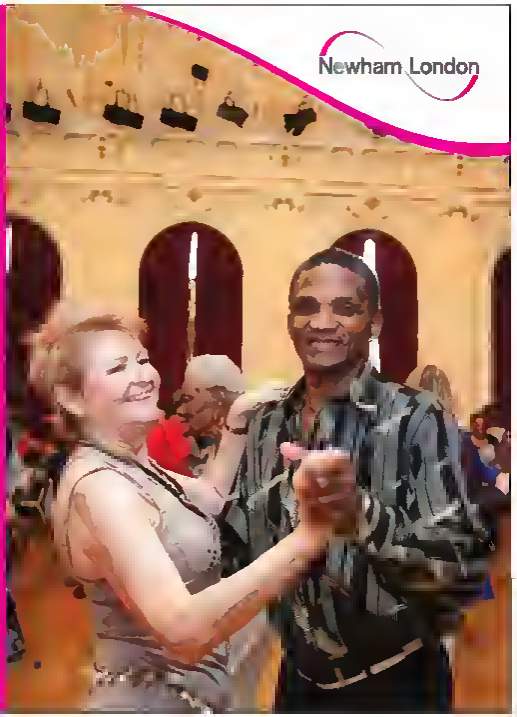
Put on your dancing shoes and come along to our tea dance programme to get active and have fun

Thursday 14 February 2012

Time: 1.30 – 4.30pm
Venue: Old Town Hall Stratford
Cost: £3 per person (including free roffle)

Places are limited, so book early.

For more information please call leisure services on 020 3373 7511.



Newham London

Newham Shared Lives Scheme

Newham London

The Shared Lives Scheme gives adults with support needs, who live in Newham, the opportunity to live with families or individuals in their own homes.

The scheme exists to support vulnerable people with long term, short breaks and emergency placements Newham Shared Lives Scheme supports people with a range of different support needs, including

- people with mental heath needs
- people with a learning and/or
- physical disability
- older people with dementia

Carers use their own home to look after those that need care, either on a long or short term basis

For more information
If you are interested in becoming a Shared Lives Carer, or know someone who would benefit from being placed with a carer please contact

telephone: 020 3373 0496/1287
email: sharedlives.scheme@newham.gov.uk
web: www.newham.gov.uk/sharedlives

Design a mascot and win a prize

Tell the world that school is cool by entering our mascot competition and you could win an ipad.

Newham's School Attendance Management Service (SAM) is asking Newham primary and secondary school students to design a mascot called SAM to promote the importance of attending school. The winner will receive an iPad and five runners up will each receive a £30 gift voucher.

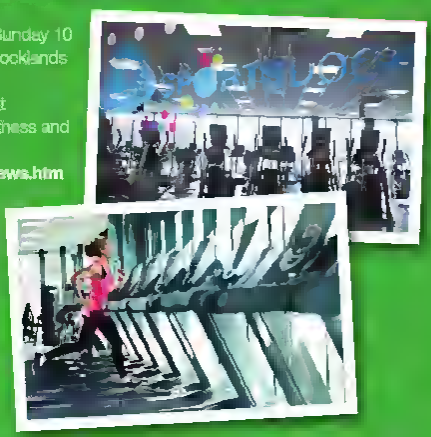
The mascot can be a person, animal or alien – it's up to you. SAM must have a face and be appealing to schoolchildren. The competition is open to children, from reception to year 11

You must be a Newham resident to enter. Designs must be submitted on A4 size paper. You can hand your entries into your school, send them to the Newham Mag, West Wing, 4th Floor, Newham Dockside, 1000 Dockside Road, London, E16 2QU, or email entries to newham.mag@newham.gov.uk

Competition closes on 1 March. Winners will be notified by 29 March

For more information visit **www.newham.gov.uk/sam** or turn to page 16

SportsDock ticket giveaway



You could win tickets to SportsDock's first ever Fit Frenzy event, on Sunday 10 February from 11am-5pm at the University of East London's (UEL), Docklands Campus, University Way, E16.

Fit Frenzy will deliver exercise classes run by some of the UK's best instructors. The sessions are fun, enjoyable, suitable for all levels of fitness and open to anyone over 16 years old.

For a full timetable of the day's events visit **www.sportsdock.co.uk/news.htm**

SportsDock are giving away 20 tickets, usually priced at £20 each

To be in with the chance of winning a ticket, answer the following question:

What does UEL stand for?

Email your answer with your name, address and contact number to newham.mag@newham.gov.uk or send it to Newham Mag, West Wing 4th Floor, Newham Dockside, 1000 Dockside Road, E16 2QU

You must be able to attend the event on Sunday 10 February at 11am.

Competition closes 7 February

Local teens win literature prize

Students from Newham have come first and second in the first BITE (British Institute of Technology and E-commerce) Literature Competition.

This was the first year that BITE has run a literature competition. Entrants could choose their own creative form and had to submit in their own handwriting.

First prize, trophy and £300 went to Vineeta Sathiamoorthy for her story, "The Unkindness of Prosperity." Second prize went to Denbo Iboroma for his philosophical poem, "The Thoughts of a Thinker." Prizes were presented by Lord Ahmed of Rotherham, BITE's Chancellor.

Lord Ahmed presents Vineeta Sathiamoorthy her prize

Paralympic legacy continues

The legacy of the Paralympic Games is alive and well at The Royal Docks Community School in Custom House, which is helping to coach a sitting volleyball team in Romania.

Students at the school in Prince Regent Lane have been continuing to enjoy the sport since the Paralympic USA women's team visited during the 2012 Games. The pupils play during lunchtime sessions and curriculum lessons.

The school has been invited by the Paralympic sports foundation Sports Compass, to share their experiences with the George Cosbuc International Bilingual School in Romania and ultimately help develop a Romanian national team for the European Championships in Poland in September.

Teacher Michael Pimblett went to Romania to coach pupils and pass on the experiences of Royal docks pupils. He said: "The response was excellent and they were full of enthusiasm and keen to make links with our pupils."

Happy birthday Newham Bookshop

Newham Bookshop is the only independent bookseller in the whole of the borough that has been supplying books to residents for many years They have a year of events planned, to celebrate their 35th birthday

They're starting their celebrations with author Sandi Toksvig who'll be talking about her two new releases:

- Valentine Grey – a novel of love, liberty, empire and freedom and Heroines
- Harridans: A Fanfare of Fabulous Females – a tale of exemplary eccentricity, bad behaviour and rather peculiar love lives.

Sandi Toksvig will be at Stratford Picture House, Salway Road, E15, on Friday 22 February at 7pm Tickets cost £5 and are available to buy at **www.picturehouses.co.uk/cinema/Stratford**

For more information on Newham Bookshop, or for upcoming events, visit www.newhambooks.co.uk

Madam Liu Yandong with head teacher Joan Deslandes

Kingsford Community School is 'best in world'

Kingsford Community School in Beckton, E6, has been named 'best in the world' for teaching pupils Mandarin.

Head teacher Joan Deslandes was presented with the Hanban award for Best Confucius Classroom in the World 2012 by Education State Councillor for China, Madam Liu Yandong, at the seventh Global Confucius Institute Conference in Beijing.

The school was one of the first in the country to introduce Mandarin to its curriculum in 2001 to give budding business students an advantage over their counterparts In 2007 it was granted the status of a Confucius Classroom by Hanban, the National Office for Teaching Chinese as a Foreign Language

Head teacher Joan said: "I am overjoyed that Kingsford's Mandarin teaching programme is not only globally recognised but also confirmed as being the best in the world."

Share your skills

Canning Town Caravanserai is looking for enthusiastic residents to share their interests and skills with others and get involved with their upcoming season of activities

Caravanserai is the free public space in Silvertown Way that brings together trade, training, performance a community garden and a place to eat, drink and play

Residents local businesses, entrepreneurs, community groups and schools are being invited to host projects that they can take ownership of All ideas are welcome

If you are an individual or a group, you can contribute ideas that you think will be fun for all to try If you'd like to get involved email lucy@caravanserai org uk with your suggestions

For more information on the Canning Town Caravanserai, visit www.caravanserai.org.uk

It's a date

If you're feeling loved up and in the Valentine's Day spirit, keep space free in your diary for a Valentine's tea dance on Thursday 14 February

There'll be a DJ playing your favourite love songs and a raffle draw Refreshments will be provided

If you're aged over 50 grab a partner and dance the day away at the Old Town Hall Stratford 29 Broadway E15 from 1 30 11.30pm Tickets cost £3

For more information email **dominique.roome@newham.gov.uk** or call 020 3373 2879

Kids' Corner

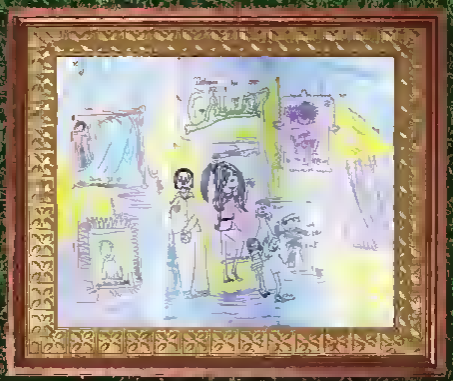
PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY

Arijus Vysniauskas, 7

Amaara Butt, 6



Zaynah Rahman, 8

Mubasshirah Khan, 7

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on

Colour-me-in Wordfit

Jokes

What did one math book say to the other math book? **I have got problems.**

Why are bees' hairs sticky? **Because they use honey combs.**

Hamraa Ibraime, 7

Poem

SUNNY

Sparkling and shiny
Useful for plants
Nature loves it
Nobody hates it
Yellow or orange? You decide

Adam Mueshi, 7

3 letters
ACE
AXE
BAT
MOO
POP
ROD
ROW
SPA
TOY
WIN

4 letters
ACRE
DINE
EDAM
IBEX
INTO
IRAQ
LEAD
MAST
QUAY
REST
SOYA
TRAM

B	A	L	L	■				■	
			■	■		■			
				■				■	
■					■				■
■	■	■				■			

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

1 – 15 FEBRUARY

OUR THRILLING THREE...

1. **Learn to Earn** – Free employment support, no booking needed just drop in. Every Wednesday 10am-2pm, Royal Docks Learning and Activity Centre, Albert Road, E16. Call **020 7476 1666.**

2. **London Youth Games** – Free football for under 14s, every Monday, 4.30-6pm, Newham Leisure Centre, Prince Regent Lane, E13

3. **Just Play** – Free female multi-sport session for over 16s, every Wednesday 6.30-8pm. Newham Sixth Form College, Prince Regent Lane, E13. Call **020 3373 9000**

MENTION THE MAG...

Theatre Royal Stratford is offering Newham residents who have never seen a show at their iconic venue the chance to see British musical, Glasgow Girls on Tuesday 12 February for just £2.50, slashed from the usually price of £20. The show starts at 7.30pm prompt. Tickets are not available online, you must go to the box office at Theatre Royal, Theatre Square, E15. Proof of address is required. Tickets are limited and on a first come, first served basis.

For more information visit **www.stratfordeast.com/glasgow-girls-2** or call **020 8534 0310**

TRY SOMETHING NEW...
JOURNEY TO SPACE

Blast off with Discover's new interactive exhibition, Journey to Space, launches on Saturday 16 February with a free open day from 11am-5pm.

Join the mission to find missing astronaut Major Tom. Take off in the giant rocket to explore red hot, icey blue and mysterious green planets, and along the way you can meet Robert the Robot and follow the trails to crack secret codes.

Come along to Discover Children's Story Centre, 383-387 High Street, Stratford, E15. The exhibition was created by award-winning illustrator and animator Jim Field. Jim will be visiting Discover on Saturday 9 March as part of Discover's festival of children's literature, The Big Write which takes place from 7 to 17 March.

For information visit **www.discover.org.uk** or email **bookings@discover.org.uk**

ARTS AND ENTERTAINMENT

Comedy Night
Free entertainment every Mon, 8pm, Theatre Royal Stratford East, Gerry Raffles Square, E15. Visit www.stratfordeast.com/comedy night

Mini Musical Makers
Free music and story building sessions for children and parents with Newham Academy of Music.
Wed afternoons, Discover Story Centre, 383-387 High Street, E15. Call 020 8536 5555
Mon mornings, The Hartley Centre, 267 Barking Road, E6. Call 020 7540 6923
Places are limited, please book before attending.

COMMUNITY LEARNING

Do it Online
Basic computer sessions for all. All sessions take place at local libraries. You must book in advance.
Tues, 10am-12noon, Beckton
Tues, 2-4pm, Plaistow
Wed, 2-4pm, Stratford
Thurs, 10am-12noon, Canning Town and Manor Park
Fri, 2-4pm, East Ham
Thurs, 10am-12noon, Manor Park

Knit & Natter
Craft group for adults, at local libraries.
Fri, 10am-12noon, Canning Town

Basic Literacy and Numeracy (19+)
Free until 25 March. Mon-Thurs, 10am-5pm, Fri, 10am-1pm, Jack Cornwell Community Centre, Jack

Cornwell Street, E12
Call 07943 887 612/ 07507 173 272

UNDER FIVES LIBRARY ACTIVITIES

Open to under fives with their parents/carers. All sessions take place at local libraries

Toy Library
Tues and Thurs
10am-12noon, East Ham

Imaginative Play
Fri, 11am-12noon, East Ham

Storytelling
Mon, 11am-12noon, Plaistow, Canning Town and Beckton Globe
Tues, 11am-12noon, Custom House
Tues and Fri, 11am-12noon, Stratford
Wed, 2-3pm, East Ham
Thurs, 2-3pm, North Woolwich
Fri, 11am-12noon, Green Street and Manor Park

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at local libraries

Homework Club
For young people aged 7 to 14. School term only.
Mon, 4-6pm, Stratford and East Ham
Mon, 3.30-5.30pm, North Woolwich
Weds, 3.30-5.30pm, Green Street and Manor Park
Thurs, 4-6pm, Custom House and Plaistow
Fri, 3.30-5.30pm, Beckton and Canning Town

ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries.

Adult Reading Groups
Thurs 7 Feb, 6.45-7.45pm, Plaistow

Over 50s Club
Thurs, 10am-12noon, Beckton Globe

EXTRA ACTIVITIES

Royal Docks Learning & Activity Centre
***Tues**, Bingo, 10am-12noon*
Healthy Cooking Group, 10am-12noon
***Weds**, Mother and Toddlers group, free, 9.30-11am*
Coffee Morning, free, 9.30-11am
Learn to Earn – Employment Support Drop in, free, 10am-2pm
Sewing Classes, 10am-12noon
***Thurs**, Tai Chi, £2, 10.30am-12noon*
Sessions take place at Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16
Call 020 7476 1666

LGBT Community Group
For over 50s. Snacks and refreshments provided. Every third Tues of each month, 4-6pm. Community Resource Centre, 200 Chargeable Lane, E13. Call 020 7239 8055

Dirty Hands Project
Grow your own fruit and veg. Open to all. First Sat of each month, 10am-2pm. Valetta Grove, (opposite Plaistow Station) E13. Visit www.dirtyhandsproject.org.uk or email dirtyhandsproject@gmail.com or call 07961 674 210

BASKETBALL

Youngbloods Basketball
All sessions cost £1
U12s, mixed
Sat, 1-3pm, East Ham Leisure Centre, E6
U13/14s, boys
Mon, 6-8pm, St Angela's School, E7
Tues, 5.30-7.30pm, Newham Leisure Centre, E13
U14s, girls
Mon, 4.30-6pm, St Angela's School, E7
Tues, 5.30-7.30pm, Newham Leisure Centre, E13
U15/16s, boys
Tues, 6-8pm, East Ham Leisure Centre, E6
Fri, 6-8pm, St Angela's School, E7
U17/18s, boys
Tues, 8-9.45pm, East Ham Leisure Centre, E6
Thurs, 7-9pm, St Bonaventure's School, E7
Fri, 6-8pm, St Angela's School, E7
Call 07958 307 657

Newham All Star Sports Academy (NASSA)
All sessions take place at UEL, Docklands Campus, University Way, E16. Sessions are £1 unless indicated otherwise. Visit www.nassasports.org.uk
Wed, 4.20-6pm, U13-14
6-8pm, U16-18
8-10pm, Senior Men
Thurs, 4.20-6pm, U13-14
6-8pm, U16-18
8-10pm, Senior Women, £2
Fri, 4.20-6pm, U13-14
6-8pm, U16-18
8-10pm, Senior Men Run, £2
Sat, 10.20am-12.20pm, junior boys and girls, 8-14, £2
Call 07703 503 995 or 07712 176 301

National League
Mon, 6-8pm, U13/14s, Rokeby School, Barking Road, E16
Tues, 6-8pm, U15/16s, Rokeby School, Barking Road, E16
Thurs, 4.-30-6pm, U13/14s boys, U14s girls, Newham Leisure Centre, Prince Regent Lane, E13
6-8pm, U16s, Newham Leisure Centre, Prince Regent Lane, E13
6-8pm, U18s, Cumberland School, Oban Close, E13

Gifted and Talented
Fri, 4.15-5.30pm
Cumberland School
Oban Close, E13

Basketball Session
Sat, 10am-12noon
Newham Leisure Centre, Prince Regent Lane, E13

Senior Men/Women Programme
Mon, 7.30-9.30pm
Division 2 Women and Division 3/4 Men, Rokeby School, Canning Town, E16
Call 07947 401 616

3v3 Basketball League
Thurs, 5-7pm, 8-19s, Forest Gate Youth Centre, Woodford Road, E7
Fri, 7-8pm, 8-19s, Little Ilford Youth Zone, Rectory Road, E12

3v3 Basketball Competition
2nd Sat of the month, 10am-1pm, U12s/U14s/U16s, Little Ilford Youth Club, Rectory Road, E12

Basketball & Multi Sports
Fri 5 6 30pm 8 19s, Snowshill MUGA, Snowshill Road E12

FOOTBALL

Mayor's Football League
U10s, U12s, Mon, 4 30-6pm and U18s, U18s, 6-7pm
Newham Leisure Centre, Prince Regent Lane, E13

5-a-side Tournaments
(First Sat of the month)
U12s/U14s/U16s, Sat, 10am-1pm
Plashet Park, Plashet Grove, E7

WHU Kickz (free)
Mon, U14s, 4-5 30pm
15+, 5 30 7pm
West Ham United Community Astro Turf (Beckton), E6
11 18s 5 8pm
Forest Gate Youth Centre, E7
Tues, U14s, 4-5 30pm
15+, 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11-18s 6-9pm
Priory Park MUGA E6
Wed, 11-18s, 5-8pm
Priory Park MUGA E6
Thurs 11 18s, 4 7pm
Priory Park MUGA E6
Fri, U14s, 4-5 30pm
Girls 11+, 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11-18s 5-8pm
Forest Gate Youth Centre E7

London Youth Games
Mon 4 30 8pm, U14, Newham Leisure Centre, Prince Regent Lane, E13

Football & Multi Sports
Mon 5 30-7pm, 8-19s
Weds, 5-7pm, 8-19s, Stratford Park MUGA West Ham Lane E15

5-a-side Football Competition
Weds 5 6 30pm, 8-19s Fords Park, Fords Park Road E16
Thurs, 5 30-7pm, 8-19s Royal Victoria Garden, Pier Road, E6
1st Sat of the month, 10am-1pm U12s/U14s/U16s, Plashet Park Plashet Grove, E6

Football & Multi-Sports
Sat, 2-3 30pm, 8-19s, Winsor Park Estate Winsor School MUGA, East Ham Manor Way E6

AIR Football (16+)
Tues 1 3pm and Fri 10am 12noon 16+ Memorial Park Memorial Avenue E15
Fri, 3-5pm, Beckton Powerleague, E6
Visit www airfootball co uk

Ascension Football Academy
All sessions £3
School years reception to 11 10-11.30am
King George V Park King George Avenue, E16 Call 07806 584 925

BOXING AND SELF DEFENCE

Boxing
West Ham ABC - community boxing, 11-19s
Free Olympic style amateur boxing sessions
Hathaway Community Centre Hathaway Crescent, E12
Wed, 7pm Call 020 8430 2000
West Ham Boys ABC 9+ boys and girls
Mon, Wed, Fri 5-6pm
The Black Lion, 59-61 High Street, E13 Call 020 8472 3614
Peacock ABC 8+
Mon Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call 020 7511 3799
Newham Boys ABC
6+ boys only
Mon, Wed, Fri, 6 7 45pm
Old Bath House 141 Church Street E15 Call 020 8519 5983
Fight For Peace 11+, boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0054

Punch Out (16+)
Free boxing fitness workout
Thurs 8-9pm Beckton Community Centre, Manor Way E6
Fri 5 6pm Katherine Road Community Centre, 254 Katherine Road E7 Email getactive@newham gov uk

Shoujin Karate
Sessions for beginners
Newham Shoujin Karate Club
Weds, (during term time only) 4 30-5 30pm Fri, 6-7pm and 7-8pm Sun, 10-11am, Newham Leisure Centre, Prince Regent Lane, E13
Call 07508 070 638
Docklands Shoujin Karate Club
Mon 6 20 8 20pm UEL Sports Dock, Docklands Campus E16 Call 07517 136 837

Tang Soo Do
Korean Martial Arts for 5+ to adults. £5 per session – family discount available
Sat, 1-2.30pm (arrive at least 15 minutes before start) The Hub, 123 Star Lane, E16
Tue, 7 30 8 30pm Grassroots, Memorial Park Memorial Avenue E15
Call 07725 948 426 or email ace_rosllio@hotmail com

Hop Skip and Punch (16+)
Mon, 5 30-6 30pm, Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 9825

Free Boxercise Bootcamp class (16+)
(children 7+ welcome with parent) Wednesdays 6-7pm
90 Day Fatbuster Program
Tuesdays & Fridays 6 6 45 16+
Britannia Village Hall, 65 Evelyn Road E16 1TU
Registration required
membership packages
Info@5starphysique co uk
www 5starphysique co uk
07904 625 402

HEALTH AND FITNESS

East End Road Runners
Free coached sessions for all abilities
Tues and Thurs, 7pm
Sun, 9am, meet on the track, Newham Leisure Centre, Prince Regent Lane E13
Call 07979 261 647

Run England sessions
All sessions are £2 indicated otherwise
Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on the track)
Mon 4-5 30pm, Newham Leisure Centre, E13 (meet on the track)
5 45-6 45pm, Newham Dockside, E16 (meet at reception)
Tues 6 7pm Newham Leisure Centre E13 (meet on the track)
Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception)
Thurs, free, 5 15 6 15pm, UEL Docklands Campus E16 (meet at reception)
Sat, 10-11 30am, East Ham Central Park, E6 (meet at the café)
10-11 30am, Wansted Flats, E12 (meet at Harrow Road Changing Pavilion)
10 11 30am, Memorial Park, E15, £4 (meet at car park)
Call 07718 394 874

Cricket
Wed, 6-8pm, U16s, Lister Community School, St Mary's Road, E13 Call 020 3373 9054

Newham Swords (4+)
Tues, 6 30 9pm
Thurs 6 30 9pm

Fri, 7.30-10pm
The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13
Call 07956 618 898

Newham Striders
Free sociable walking group seven days a week
Call 020 8430 2000

Free Men's Health Football Fitness Sessions
Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Close, E6
Call 020 7473 7724

Free Family Fit Club
Sat 11am 12noon West Ham United Community Training Facility 60a Albatross Close, E6 Call 020 7473 7724

Zumba classes
Thurs, 7.30- 8.30pm, St Nicholas Church Hall Gladding Road E12, £5 per class Call 07720 805 505

Saturdads
For fathers grandads uncles and children aged 0 16
Sat, 12noon 3pm
Chandos East Hub, 90 Chandos Road E15
Call 020 8221 2137

Family Fitness classss
£4-£6 for adults, £1 for children/teens

Outdoor classes
Adult only Boot Camp,
Tues 9.30-10.30am
Family Boot camp (children must be 7+) Tues 5 6pm
Teens only Boot Camp (13-16)
Weds, 5 6pm
Family Boot Camp,
Sat, 11.30am-12.30pm
Grassroots Memorial Park E15
To register for outdoor classes call 07904 625 402 or email info@5starphysique.co.uk

Indoor classes
Funky Kids Skiptrix (7+ jump rope based exercise and games) Thurs, 5-6pm
Adults Skiptrix Circuits, Thurs, 6.15 7.15pm
The Hub, 123 Star Lane, E16
Call 07904 625 402 or visit www.5starphysique.co.uk

Newham Young Britons A.S.C
Learn to swim and/or improve your strokes.
Men's session (12 week course £70.60) Sat, 5.30-6.15pm
Children's session (£2 per session) 5-16, Sat 6.15-7pm
Newham Leisure Centre, Prince Regent Lane, E13
Call 07956 304 518

Yoga Classes
£5.50 for full-time workers or £3.50/£4 for students and those in receipt of benefits
Tues 6.10-7.10pm and
Fri 10.30-11.30am,
The Hub, 123 Star Lane E16
Wed, 6.30-7.30pm
The Unitarian Church West Ham Lane E15
Call 07956 808 007 or visit www.yocoma.co.uk

Woodside Badminton Club
Intermediate and club standards players welcome Fri, 8.9.30pm
£5 waged/£3 unwaged,
Carpenters Docklands Centre 98 Gibbins Road E15 Call 07958 761 676 / 07956 150 240

Table Tennis
For beginners and intermediate adult players Thurs, 6.30-9pm
Stratford School, Upton Lane, E15 (Dons Road entrance)
For more info call 07976 577 716 or 07828 866 031 or email ginny.harris10@btinternet.com

Qi Gong
Suitable for adults of all abilities
£5 per session
Thurs, 8pm on the Docklands Community Boat moored near ExCeL. Meet at the gates to Millennium Mill Mill Road E16
Call 07930 610 275 or email lee@bigheavenlittleheaven.com

UnityZumba
Classes are £5 each adults, children £3 (7+)
Mon and Wed 8-9pm,
Hartley Centre, 267 Barking Road, E6
Tues, 7.45-8.45pm and Thurs, 8.15-9.15pm, St Mark's Community Centre, 218 Tollgate Road, E6
Fri, 7.30-8.30pm, African Caribbean Centre, 627-633 Barking Road, E13
Sun, 6.30-7.30pm,
The Well Centre, 49 Vicarage Lane E6 Call 07886 884 573

Beginners' Ballroom
£2.50 per session
Mon 10am-12noon St Paul's Church Centre, Burges Road, E6 Call 07761 209 463

Twisted Pink
Open to 7-21s.
Street Dance sessions Fri, 6-7pm, £3
Zumba classes (From 30 Nov) Fri, 7.15 8.15pm £5 including childcare St Luke's Church, 89 Tarling Road, E16
Call 07534 513 307, visit www.twistedpink.org.uk or email twistedpink26@aol.com

Zumba with Annabel (17+)
Mon 7-8pm £5 Vicarage Lane Community Centre, Govier Close E15
Tues, 8.9pm, £4, Swift centre, 387 Barking Road, E13
Call 07500 898 665

Badminton at Little Ilford School
For all standards £4 for a court and bring a racquet
Thurs, 7-9pm Browning Road, E12 Email morgan_phil@hotmail.com or call 07944 117 263

FEMALE SPORTS

Fitness Classes (12+)
£6 per session 8.30 9.30pm,
The Hub 123 Star Lane E16
Email bollywoodfuzon@gmail.com or call 07830 455 823

Dare2Dance
Free street dance classes for girls, 12-16s Fri, 3.30-5.30pm
Newham Leisure Centre, Prince Regent Lane, E13
Call 020 3373 9000

Girls Spinning Sessions
11-16, Mon and Wed, 4-4.30pm Newham Leisure Centre, Prince Regent Lane, E13 Call 020 7511 4477

Female Only Gym Sessions
11-16, Tues and Thurs, 3.30-5pm, 16-25, Weds, 1.30-3pm, free Newham Leisure Centre, Prince Regent Lane, E13
Call 020 3373 9000

Female Boxfit Classes (16+)
Mons 4.15-5.15pm Balaam Leisure Centre Balaam Street E13 Call 07970 783 526

Girls Football
Tues 3.30.5.30pm, 11 16s, Newham Leisure Centre, Prince Regent Lane, E13

Women United AFC (11+)
Mon (term time only) 6-7.15pm, Kingsford School, E6 £1 per session Call 07792 932 979

Get Back Into Netball
OPA Netball Club sessions Tues, juniors, 6 7.30pm, seniors, 7.30 9pm £2 per session Lister Community School, St Mary's Road, E13
Call 07717 281 529

Body Blast (16+)
£5 per session
Mon, 7-8pm, Weds, 12.30-1.30pm and Thurs, 6-7pm
Talent Central, Unit 27a, 3 Armada Way, Gallions Reach Shopping park, E6
Call 07866 612 610

Female Multi-Sports
Cardio, Tennis, Handball, Rounders, Football and more
Fri, 4.15 5.15pm, Little Ilford

Youth Zone, Rectory Road E12
Call 020 8556 5973 or email
Farrakh Khan@locsp org

Sheila's Yummy Mummy buggy (16+)
£5 per session
Mon, 10-11 30am
East Ham Central Park, E6
(meet outside cafe in the park)
Fri, 10-11 30am, Plashet Park,
Plashet Grove, E6
Call 07908 614 958 or email
spolson@aol com

Zumba classes
Tues, 8 9pm
£4 per hour The Swift Centre,
387 Barking Road, E13

Janice's Fitness (16+)
Soca and Zumba fitness
sessions £5 per session
Tues, 9 30-10 30pm St
George and St Ethelbert
Church Hall, Burford Road, E6
Email info@jfikarate co uk or
call 07818 000 643

Bollywood Dance Class
For ages 13-18 Wed
6-7 30pm, Katherine Road
Community Centre, 254
Katherine Road E7
Call 020 8548 9825

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Free Flying Wheels club for
young wheelchair users 6-22
Wed and Fri evenings, 6-8pm
Rokeby School, Barking Road
E16 Call 07888 085 259
U19s Fri 4 30 6 30pm
Newham Leisure Centre E13
Disabled Multi-Sports. Tues,
10 30am-12noon, Newham
Leisure Centre, E13
Call 020 7511 4477
Fri 4 30-6pm, NewVic, Prince
Regent Lane E13
Call 07811 671 082

Wheelchair Basketball
11-19 Wed, 4 5pm
Rokeby School, Barking Road,
E16 Call 07947 401 616

Family Swims for Disabled Children and Adults
Newham Otters Swimming Club,
Sat Newham Leisure Centre,
E13 4 30-5 30pm For more
details call 07931 788 739
Family Swim, Sun, 12 30 2pm,
Balaam Leisure Centre, E13,
£5 Call 020 7476 5274

Free Trampolining Sessions
U19s Fri 5 7pm and Sat,
12noon-2pm Newham Leisure
Centre E13 Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children
Wed, 10am-12noon, East Ham
Leisure Centre, E6 £1 15 per
session Call 020 8548 5850

Free Swim for Families dealing with Autism
Wed 4-5pm Balaam Leisure
Centre E13 Call 020 7476 5274

Get fit for free
Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre Tues 1 30-3 30pm and
Fri, 10am-12noon. To book an
induction call on 020 7511 4477

B1 Football Club
Third Sun of every month,
10am-12noon East Ham
Leisure Centre E6

Free soft play and exercise to music
Sat 2 3pm, Newham Leisure
Centre E13 Call 020 7511 4477

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking
Road, E6, unless specified.

Tues 5 Feb
10am Licensing (2003 Act)
Sub-committee
10am, Licensing Committee,
Council Chamber
1pm, Licensing (2003 Act)
Sub-committee Council
Chamber
7pm, Health and Social
Care Scrutiny Commission,
Committee Room 1
7pm, Regeneration and
Employment Scrutiny
Commission
Committee Room 2

Wed 6 Feb
6 30pm, Standards Advisory
Committee, Newham
Dockside, 1000 Dockside
Road, E16, Room WG 06

Thurs 7 Feb
10am Mayoral Proceedings,
Council Chamber
2pm, Licensing (2003 Act)
Sub-committee, Council
Chamber

Mon 11 Feb
6 30pm Newham Partnership
– Health and Wellbeing
Strategic Reference Group,
Newham Dockside 1000
Dockside Road E16 Room
E3 04/05
7pm, Local Development
Committee, Old Town Hall
Stratford, E15, Council
Chamber

Tues 12 Feb
10am, Licensing (2003 Act)
Sub-committee, Council
Chamber
7pm, Children and Young
People Scrutiny Commission
Committee Room 1,

Thurs 14 Feb
10am Licensing (2003 Act)
Sub committee Council
Chamber
7pm, SACRE, Council
Chamber

Visit **www.newham.gov.uk/committee** for updates

NEIGHBOURHOOD MEETINGS

Canning Town and Custom House neighbourhood meetings
If you live or work in the area
come and speak to council
officers and community police
Tues 5 Feb, 6.30pm
Keir Hardie Church, Fife Road,
E16
To find out more call
020 3373 3538 or email
sam clark@newham gov uk

CONTACT THE MAYOR

Walk-in surgeries
Thurs 7 Feb 12noon
Stratford Local Service Centre
112 116 The Grove, E15
Mon 11 Feb 9 30am The
Place 2 Silvertown Way, E16
Telephone surgeries
Wed 13 Feb 9 30-10 30am
You can telephone 020 8430
2000 between 9 30am and
10 30am and register your
query and contact details The
Mayor will then ring you back
at a later time.

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way, E6
Canning Town
Barking Road, E16
Custom House Prince Regent
Lane, E16
East Ham
High Street South, E6
Green Street
337 341 Green Street
The Gate 4-20 Woodgrange
Road Forest Gate, E7
Manor Park
Romford Road E12
North Woolwich
5 Pier Parade, E16
Plaistow North Street, E13
Stratford 3 The Grove, E15
Archives and Local Studies
(limited postal and email service
only) call 020 3373 6881
email archiveslocalstudies@
newham gov uk
Community Outreach Services To find out more call
020 3373 0813

Hundreds of services – just one number for all council enquiries
Call 020 6430 2000

Follow us on Twitter @NewhamLondon

Find us on Facebook www.facebook.com/NewhamCouncil

Newham London

www.newham.gov.uk/youthzones

It's all about YOU & what YOU want to do!

11-19 years?

Interested in:

- sports
- dance
- filming
- cookery
- gardening
- fitness gym
- homework support
- music technology
- drama
- someone to talk to
- ICT
- singing
- arts and crafts
- members committee
- making friends
- training and employment advice
- and much more

Whatever you're into there's something for everyone at your local youth zone.
For more information visit: www.newham.gov.uk/youthzones

Newham London

is this my room?

Fostering

You could make a difference to the life of a child or teenager

An emotionally and financially rewarding role that fits in with family life.
Call us free on

0800 0130 393

www.newhamfostering.co.uk